free!
February 2014

Nature's

MARKET BASKET

HEALTHY CHOICES FOR HEALTHY LIVING

eat for your heart

teas for wellness ■ curl up with cocoa ■ 10-minute workouts

See pages 16, 17 and the back cover for this month's featured items!

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INSPIRING TASTE

greenandblacks

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tasteforlife

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A note on recipes

Recipes are analyzed by Anna Kamanthia, MS, LD. Nutritional values vary depending on portion size, freshness of ingredients, storage, and cooking techniques. They should be used only as a guide. Star ratings are based on standard values (SVs) that are currently recommended: ★★★★★ Extraordinary (50 percent or better), ★★★★ Top source, ★★★ Excellent source, ★★ Good source, ★ Fair source

healthy pick
cocoa

did you know?

Cocoa, used as a traditional medicine throughout history, has been linked to lowered blood pressure, improved blood vessel health, and better cholesterol levels in modern research. For the full benefits of cocoa's flavonoids, choose natural, non-Dutch-processed cocoa.

Nutrition Facts

Serving Size
1 Tbsp, non-Dutch processed

Amount Per Serving	
Calories	**12**
Fiber	**1.8 g**
Protein	**1 g**
Fat	**.74 g**
Carbohydrates	**3.13 g**

NUTRIENTS: Iron, Magnesium, Phosphorus, Potassium, Polyphenolic Flavonoids

"AICR Health Talk" by Karen Collins, MS, RD, CDN, American Institute for Cancer Research, www.aicr.org, 8/16/13 ● **"Cocoa Consumption May Decrease Blood Pressure, Improve Cholesterol . . ."** by Bill Hendrick, WebMD Health News, www.webmd.com, 3/23/11 ● **"Cocoa, Dry Powder, Unsweetened,"** USDA National Nutrient Database for Standard Reference, http://ndb.nal.usda.gov

bowled over?

Using smaller plates and bowls may be an easy way to keep kids from overeating, according to a new study. Researchers served breakfast cereal in 8-ounce bowls or 16-ounce bowls to a group of preschoolers. Adults poured the cereal and milk in small increments, asking "Is that enough or do you want more?" until the child said there was enough in the bowl. Kids with the bigger bowls requested 87 percent more cereal.

In a second study with somewhat older children, researchers found that kids who had larger bowls requested 69 percent more cereal and milk, and they ate 52 percent more. Those children also wasted about 14 percent more food than those with smaller bowls.

SOURCE **"Large Dishes Increase How Much Cereal Kids Request, Eat, and Waste!"** Cornell University Food and Brand Lab, http://foodpsychology.cornell.edu, 11/20/13

organic milk has more omegas

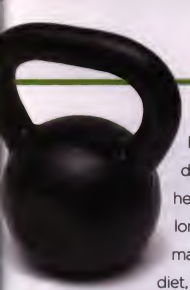
Organic milk contains substantially higher concentrations of healthful fatty acids compared to conventional milk, according to a nationwide study. Researchers tested milk from seven regions over 18 months and found that whole milk from organic dairies had far more omega-3 fatty acids and fewer omega-6 fatty acids.

"All milk is healthy and good for people," lead researcher Charles M. Benbrook, PhD, told the *New York Times*, "but organic milk is better because it has a more favorable balance of these fatty acids." He asserted that drinking whole organic milk can reduce the risk of developing heart disease.

Organic farming requires that dairy cows spend time in a pasture, eating grassy plants that are high in heart-healthy omega 3s. On conventional farms, most cows are fed corn, which is high in omega 6s. Some studies have attributed a high omega-6-to-omega-3 ratio to health problems in humans.

Even though the total amount of fat was about the same in organic and conventional milk samples, organic whole milk was found to have 62 percent more omega 3s and 25 percent fewer omega 6s.

SELECTED SOURCES **"More Helpful Fatty Acids Found in Organic Milk"** by Kenneth Chang, *New York Times*, 12/9/13 ■ **"Organic Production Enhances Milk Nutritional Quality by Shifting Fatty Acid Composition . . ."** by C.M. Benbrook et al., *PLOS ONE*, 12/9/13



healthy choices lower dementia risk

Exercise significantly reduces the risk of dementia, particularly in tandem with other healthy lifestyle choices. That's the finding of a long-term study, which determined that exercise, maintaining a proper weight, eating a healthy diet, having a low intake of alcohol, and not smoking led to the best chance of being disease free.

Researchers tracked the health habits of more than 2,000 men for 35 years. Those who consistently followed at least four of the five behaviors had a 60 percent lower rate of dementia and cognitive decline compared to men who followed none. They also had 70 percent less diabetes, heart disease, and stroke. Exercise was the strongest mitigating factor.

SOURCE **"Healthy Habits Reduce Dementia Risk,"** Cardiff University, www.cardiff.ac.uk, 12/10/13

did you know?

Eating fruits and vegetables—particularly berries—may reduce the risk of Type 2 diabetes, according to a lengthy study of more than 2,300 men.

SOURCE **"Intake of Fruit, Berries, and Vegetables and Risk of Type 2 Diabetes . . ."** by J. Mursu et al., *Am J Clin Nutr,* 2/14

cranberries are powerhouses

Though the holidays are long past, here's some cheerful news about cranberries—and some good reasons to keep them in your diet year-round. The berries appear to help reduce infections, improve heart health, and reduce inflammation, according to recent research.

"Hundreds of studies show that the bioactive compounds found in cranberries improve health," said lead author Jeffrey Blumberg, PhD, of Tufts University. "For example, the polyphenols found in cranberries have been shown to promote a healthy urinary tract and exert protective benefits for cardiovascular disease and other chronic conditions." Compounds in the berries may also improve cholesterol levels, blood pressure, and oxidative stress.

SOURCE **"Cranberries Have Health-Promoting Properties, New Expert-Review Reveals,"** www.CranberryInstitute.org, 11/18/13

study favors nuts

The largest study yet on nut consumption and total mortality reiterates the health benefits of nuts. Researchers found a lower overall death rate and fewer deaths from cancer, heart disease, and respiratory disease in people who ate nuts several times a week.

"Compared with those who did not eat nuts, individuals who consumed nuts (serving size of one ounce) seven times or more per week had a 20 percent lower death rate, and this association was dose-dependent," said lead author Ying Bao, MD, of Brigham and Women's Hospital and Harvard Medical School. "Those who consumed more nuts were also leaner and tended to have a healthy lifestyle, such as smoking less and exercising more."

The researchers examined data from more than 100,000 men and women. Consumption of tree nuts—including almonds, Brazil nuts, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios, and walnuts—was inversely linked to total mortality in men and women, regardless of other factors. Nuts contain nutrients such as unsaturated fats, protein, vitamins, minerals, and phytochemicals—all of which may offer cardioprotective, anticarcinogenic, anti-inflammatory, and antioxidant properties.

SOURCE **"International Tree Nut Council Funded Study Links Nut Consumption to Reduced Death Rate,"** www.eurekalert.org, 11/20/13

eat better, live better

Eating a healthful diet leads to a number of positives for older adults. A new study found that those who consume a diet high in fruits, vegetables, whole grains, and fish tend to have a better quality of life and are more able to take care of themselves. The study of more than 1,300 men and women age 55 and older suggests that such a diet is beneficial in maintaining functional abilities such as shopping, household tasks, food preparation, and taking medication.

SOURCE **"Better Diet Tied to Higher Quality of Life in Old Age"** by Shereen Jegtvig, Reuters Health, 11/21/13

to peel or not to peel

The skins of many fruits and vegetables are loaded with nutrients, so think twice before peeling. Apple peels, for example, are an excellent source of antioxidants and may help prevent certain cancers. Potato skins are much richer in B vitamins, iron, and potassium than potato flesh. Bright colors are often a sign of nutrients, and the outer layer of many fruits and vegetables is the most colorful part. Skins are also good sources of fiber. Just make sure they're clean!

SOURCE **"Peel Appeal,"** University of California, Berkeley *Wellness Letter,* 1/14

fruit boosts heart health

Eating lots of fruits and vegetables appears to lower the risk of cardiovascular disease, according to a long-term study. Researchers followed more than 100,000 adults and found that those with the highest consumption had the lowest risks. Though the authors found that "absolute quantity" of fruits and vegetables was most important, they identified citrus fruits, green leafy vegetables, and vitamin C-rich fruits and vegetables as preventive.

SOURCE **"Quantity and Variety in Fruit and Vegetable Intake and Risk of Coronary Heart Disease"** by S.N. Bhupathiraju et al., *Am J Clin Nutr,* 10/2/13

BY LISA FABIAN

eat for your **heart** and keep it ticking

The heart is an enduring symbol of affection and love. At no time is this image more prevalent than February. Perhaps it's no coincidence that Valentine's Day and American Heart Month share the same space on the calendar!

But with all the love that's spread during Cupid's favorite day, our hard-working hearts need attention too. Start on the path to better health by incorporating whole foods and supplements that support your heart.

Eat Right

It's a sobering fact: Heart disease is the leading cause of death for both men and women in this country. But here's the good news: It can be prevented. Choosing healthy meals and snacks is one of the best things you can do to help avoid heart disease and its complications.

Start by eating a minimum of five servings of fresh fruits and vegetables daily. Ideally, you should shoot for eight. Also include foods that are high in fiber but low in saturated fat and cholesterol. Whole-grain products and fat-free or low-fat dairy are good options. Be sure to limit anything high in salt, as sodium can raise blood pressure.

Here are some more nutrient-rich choices for better heart health.

Cocoa. Cocoa flavonols, a type of flavonoid, are found in both cocoa and chocolate. Research shows that they have potential influences on vascular health—including lowering blood pressure, improving blood flow to the brain and heart, and making blood platelets less sticky—which reduces the risks of clots. For the most health benefits, choose dark chocolate over milk, and cocoa powder that has not undergone Dutch processing.

Garlic. Evidence from clinical trials suggests garlic's role in either preventing or delaying cardiovascular disease. This herb is a popular choice for helping to prevent many conditions related to the blood system and heart—such as atherosclerosis, heart attack, high cholesterol, coronary heart disease, and hypertension. Raw garlic has more anti-inflammatory properties than cooked. If you don't like garlic's taste, seek out supplements or oils that have not been exposed to high amounts of heat.

Hot peppers. Experimental research has shown that those who like it spicy may receive some heart-health benefits from hot pepper's capsaicinoids. This is what gives chili peppers their kick. So remember that the burn you feel in your mouth may also be good for your heart!

Omega-3-rich fish. Eat seafood that's rich in omega-3 fatty acids at least two times a week. Choose salmon, trout, mackerel, or herring in 3.5 ounce portions. These varieties can help lower risk of death from coronary artery disease.

More Heart Help

Supplements can be helpful adjuncts to a healthy diet. Here are some options reputed to be good for the heart.

Antioxidant vitamins C and E. Elderly individuals with higher blood levels of these two nutrients have been shown to have a lower incidence of heart disease. Among those who have had a heart attack, supplementation with vitamins C and E has been shown to diminish free radical formation and reduce damage to the heart.

Coenzyme Q10 (CoQ10). This powerful antioxidant helps protect mitochondrial membranes and DNA as well as cell walls from free-radical attack. People with heart disease and hypertension are known to be deficient in CoQ10. Look for the ubiquinol form of CoQ10. It's more bioavailable and absorbs better in the bloodstream than the ubiquinone form.

Fish oil. If you don't like the taste of fish or find it hard to eat two servings per week, omega-rich fish oil liquid or capsule supplements are a good substitute. Fish oil may reduce the risk of death from heart arrhythmia. It has also been shown to reduce the frequency of sudden cardiac death in patients who recently had a heart attack.

Flaxseed. Rich in omega 3s, whole flaxseeds may reduce cholesterol levels and lower your risk of heart disease. Since the body is better able to digest ground flaxseeds, grind whole ones in a blender or spice grinder before sprinkling on cereals, yogurts, and other foods.

Magnesium can be useful for multiple cardiac conditions—including angina, arrhythmias, congestive heart failure, heart attack, and high blood pressure. This supplement may help improve LDL/HDL cholesterol ratios and inhibit clot formation in coronary arteries.

Vitamin D may reduce the risk of cardiovascular-related death and offer heart-protective benefits by reducing circulating levels of proinflammatory cytokines that can contribute to heart failure. •

SELECTED SOURCES **"The American Heart Association's Diet and Lifestyle Recommendations,"** American Heart Association, www.heart.org, 11/10/13 ● **"February is American Heart Month,"** Centers for Disease Control and Prevention, www.cdc.gov, 2/4/13 ● **"Heart Health Benefits of Chocolate: Is Chocolate Good for Your Heart?"** Cleveland Clinic, http://my.clevelandclinic.org, 1/12 ● ***LifeExtension: Disease Treatment and Prevention,*** 5th edition ($69.95, LE Publications, 2013) ● ***The Sinatra Solution: Metabolic Cardiology*** by Stephen T. Sinatra, MD, FACC, FACN, CNS ($18.95, Basic Health, 2011) ● ***Smart at Heart*** by Melissa Wood, MD, and Dimity McDowell ($14.99, Celestial Arts, 2011) ● **"Spicy Compound May Boost Heart Health,"** by Carrie Gann, http://abcnews.go.com, 3/27/12 ● **"Want Lower Cholesterol? Eat Flaxseed,"** by Mayo Clinic staff, www.mayoclinic.com, 2/23/12 ● **"What Are the Benefits of Garlic?"** www.medicalnewstoday.com, 9/8/13

a road worth traveling

Taking care of your heart is an ongoing journey, so find fun ways to reward yourself for your healthy achievements. Go for a walk with friends, share a nutritious meal with family, treat yourself to a good night's sleep—each step will bring you closer to a healthier heart.

enjoy heart-healthy outdoor activities . . .

and this heart-healthy recipe

Baked Salmon with Herbed Omega Crust

25 min prep time
serves **2**

Reprinted with permission from ***The Medicinal Chef*** © 2013 Dale Pinnock, Sterling Publishing Inc. Co. Photography by Martin Poole.

- 3 Tbsp ground flaxseeds
- 1 Tbsp whole-grain bread crumbs*
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tsp dried rosemary
- ½ garlic clove, crushed
- Zest of 1 lemon, plus 1 lemon cut into wedges
- 1 Tbsp olive oil
- 2 salmon fillets, about 5 oz each
- Sea salt and black pepper

1. Preheat oven to 375°. Line a baking sheet with aluminum foil or brush baking sheet with a light coat of oil.

2. Combine ground flaxseeds, bread crumbs, herbs, garlic, lemon zest, and olive oil in a bowl to make topping, and then season with salt and pepper.

3. Spread flaxseed mixture over salmon fillets, flesh side up, and place fillets on prepared baking sheet.

4. Roast in oven for about 8 to 10 minutes, or until crust is golden brown.

5. Serve with lemon wedges and a salad of mixed greens.

*Gluten-free bread crumbs can be substituted for the whole-grain bread crumbs.

Per serving: 410 Calories, 31 g Protein, 10 g Carbohydrates, 5 g Fiber, 28 g Total fat (5 g sat, 11 g mono, 10 g poly), 665 mg Sodium, ★★★★★ Vitamin B1 (thiamine), B3 (niacin), B6, B12, Phosphorus, Selenium, ★★★★ Vitamin C, Pantothenic acid, ★★★ Magnesium, ★★ Biotin, Copper, Manganese, ★ Vitamin B2 (riboflavin), Folate, Vitamin K, Iron, Potassium, Zinc

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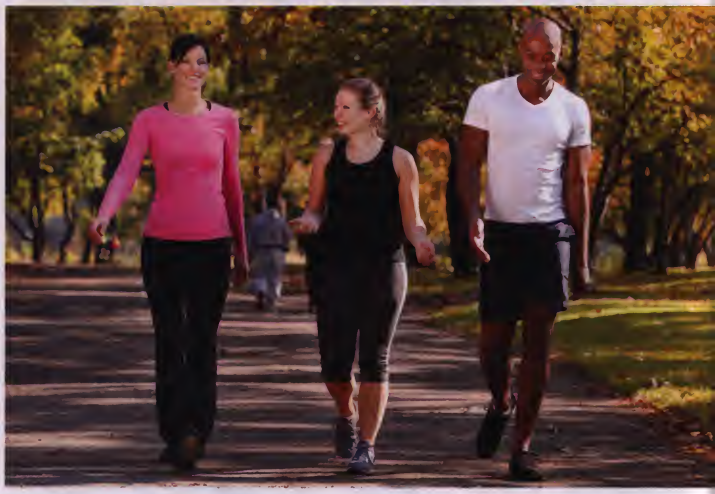
BY DARREN GARNICK



fast fitness

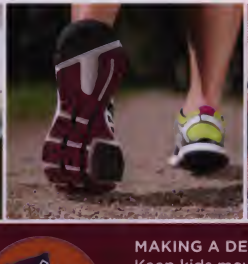
HERE'S WHAT 10 MINUTES CAN DO

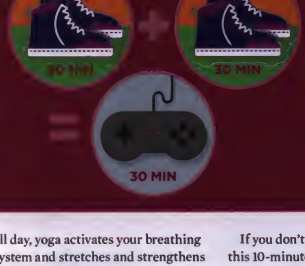
The evidence is mounting: Exercising in short bursts when you don't have time for a full workout can still significantly improve your overall fitness.

A recent Arizona State University study determined that three 10-minute walks spread throughout the day are more effective for controlling high blood pressure than the traditional 30-minute continuous workout.

For people with a busy lifestyle, additional research at Oregon State University is equally encouraging. Even one- or two-minute chunks of exercise—taking the stairs, doing chores, or walking briskly across a parking lot—can achieve the same results, as long as the activities add up to 30 minutes per day.

"Squeezing in a few minutes whenever you can is definitely worth it," says Caroline Kiebl, a Beverly Hills yoga instructor who also teaches at resorts in Bali, Costa Rica, India, and Brazil. "If you're cramped in a chair





MAKING A DEAL FOR HEALTH
Keep kids moving

Len Saunders, who has served as a consultant to the President's Council on Physical Fitness and Sports and for *Sports Illustrated for Kids*, believes that the time kids spend using electronics should be earned. While the common pediatrician recommendation is to limit a child's daily screen time to one hour, Saunders, a physical education teacher, asks parents and kids to agree to a 2:1 ratio for exercise and electronic media. That means every hour of walking or sports will earn a half hour of video games

all day, yoga activates your breathing system and stretches and strengthens all the major muscle groups.

"Deep breathing also relaxes the mind and reduces stress. Instead of grabbing another cup of coffee, yoga can really energize you," she adds.

The kind of exercise you do isn't as important as actually doing it. Gene Kobilansky, a wrestling coach at New York University, prefers a simple sprinting routine when he is on the road. He recommends jogging for one to two minutes to warm up. "Next, pick an object in the distance that will take approximately 30 seconds to reach by sprinting. Run! Jog for about 10 seconds, then pick another object in the distance. Run! Repeat seven to 10 times. Jog for another minute to cool down."

If you don't want to go outside, try this 10-minute "MetaBoost" workout from Valerie Orsoni, author of *Le Personal Coach: A French Trainer's Simple Secrets for Getting Fit & Slim Without the Gym*.

Orsoni's MetaBoost: Warm up by marching in place for one minute, then do 20 jumping jacks, 20 side-to-side leaps, 20 long jumps, 20 side jumps, do hopscotch 20 times, regular speed walk for one minute, frog jumps for one minute, power walk for one minute, another regular speed walk for one minute, and cool down with a final minute of marching in place.

Orsoni believes in multitasking. Many daily mundane chores and activities present opportunities to squeeze in bonus abdominal crunches.

"Contract your abs as often as you think about it. This is your secret to a flat tummy," she says. "Simply suck in your lower abs—just above the belt—and then continue to your middle and upper abs. Hold your ab contraction for one full minute."

Doing housework? "Suck in your abs!" suggests Orsoni.

"Sitting at your child's school play? Suck in your abs!"

"Reading this article? Suck in your abs!" ●

SELECTED SOURCES **"Association Between Biologic Outcomes and Objectively Measured Physical Activity Accumulated in <10-Minute Bouts and >10-Minute Bouts"** by P.D. Loprinzi and B.J. Cardinal, *Am J of Health Promot*, 1–2/13 ● **"Effects of Fractionized and Continuous Exercise on 24-h Ambulatory Blood Pressure"** by D.M. Bhammar et al., *Med Sci Sports Exerc*, 12/12 ● ***Keeping Kids Fit: A Family Plan for Raising Active, Healthy Children*** by Len Saunders ($14.95, LaChance Publishing, 2010) ● **Personal Communication: Caroline Kiebi, Gene Kobilansky, Valerie Orsoni,** 11/13

Nature's MARKET BASKET

Healthy Choices for Healthy Living

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SELECT VARIETIES
SAVE 98¢

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18 oz. / Reg. $3.49
SAVE 98¢

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4.5 oz. / Reg. $2.99
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Look for this month's sale items

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SELECT VARIETIES

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BY RICH WALLACE

tea

sip your way to better health

For some of us, there are few things more satisfying than brewing a cup of tea, settling into a comfortable old chair, and savoring the time it takes to drink it.

Research has shown that the very act of relaxing over a cup of tea can reset our physical and mental states in a positive way. But tea can also bring about more significant benefits. Regular tea drinkers tend toward better health.

Which brew's for you?

Black, green, white, and oolong teas all come from the same plant. The differences in treatment, processing, and fermentation are responsible for the many varieties. Black tea undergoes more processing than green or white, so it has fewer antioxidants but is still quite healthful. Oolong is processed less than black tea but more than green, so its flavor (and antioxidant levels) fall somewhere between the two.

In *The Green Tea Book*, authors Lester A. Mistcher, PhD, and Victoria Dolby Toews, MPH, explain that the polyphenols in green tea help protect the heart from disease, help thwart certain cancers, and provide numerous other benefits.

Recent studies have also found that green tea and its extracts are useful for weight control, reducing inflammation, lowering the risk of stroke, and possibly disrupting a key step in the development of Alzheimer's disease.

Green tea is also known for its cardioprotective and antibacterial actions as well as its ability to inhibit dental plaque.

Green isn't the only cup out there though. Other teas made from the leaves of *Camellia sinensis* provide benefits as well. White tea's benefits are similar to green's, but white may have the most potent anticancer properties of any variety.

Black is the most common and popular tea, accounting for around three-quarters of the world's consumption. Its health benefits are plentiful too. Some of this tea's polyphenols may be more powerful for disease prevention than those of other varieties. Black tea may also help prevent Type 2 diabetes.

Oolong is a partially fermented tea, and it can help sharpen thinking skills and alertness. It may also be useful for the prevention of cancer, heart disease, osteoporosis, and tooth decay.

did you know?

Tea is the world's second most consumed beverage, behind only water.

Tea in name alone

Since they don't contain leaves of the *Camellia sinensis* plant, herbal teas are technically known as "tisanes." But whether they're called teas or not, many tisanes have been shown to have health benefits. •

Benefits of Herbal Teas	
Chamomile	relaxation; digestion; may prevent complications from diabetes
Ginger	eases stomach upset; may decrease severity of colds
Hibiscus	may lower blood pressure
Peppermint	digestion; eases irritable bowel syndrome
Rooibos	strong antioxidant; may help prevent cancer
Valerian	sleep aid; may ease muscle pain
White willow	pain relief

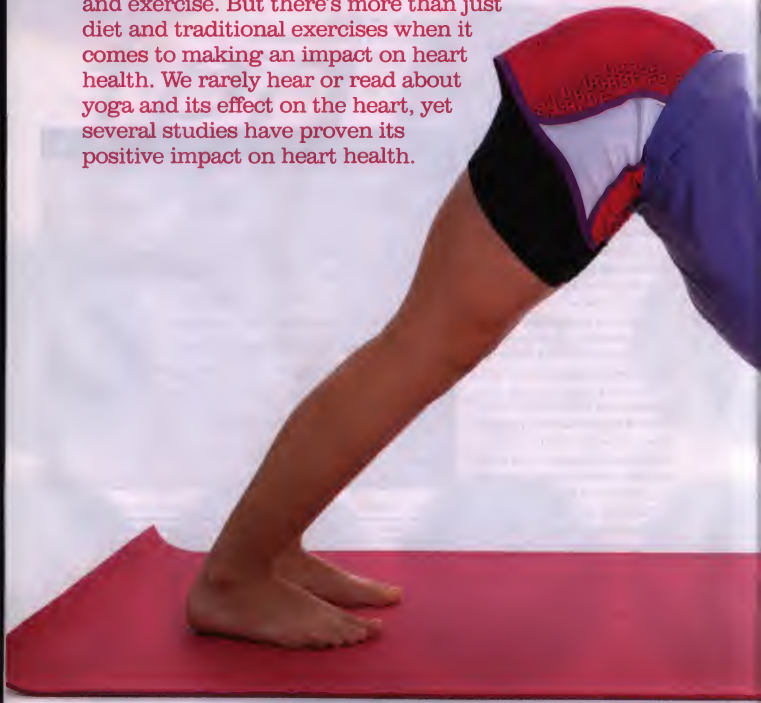
SELECTED SOURCES ***The Green Tea Book*** by Lester A. Mitscher, PhD, and Victoria Dolby Toews, MPH ($12.95, Penguin Group/Avery, 2008) ● **"Green Tea and Red Wine Extracts Disrupt Alzheimer's,"** University of Leeds, 2/4/13 ● **"Green Tea Reduced Inflammation, May Inhibit Prostate Cancer Tumor Growth,"** American Association for Cancer Research, 10/18/12 ● ***Herbal Therapy & Supplements*** by Merrily A. Kuhn and David Winston ($46.95, Wolters Kluwer, 2008) ● **"Low Prevalence of Type 2 Diabetes Among Regular Black Tea Drinkers,"** BMJ Publishing Group, 11/7/12 ● ***The Story of Tea*** by Mary Lou Heiss and Robert J. Heiss ($32.50, Ten Speed Press, 2007) ● **"Types of Teas and Their Health Benefits"** by Julie Edgar, www.WebMD.com

BY KIMBERLY OLSON

yoga

FOR THE HEART

When we talk about caring for the heart, the first things that pop into our minds are probably diet and exercise. But there's more than just diet and traditional exercises when it comes to making an impact on heart health. We rarely hear or read about yoga and its effect on the heart, yet several studies have proven its positive impact on heart health.



what is yoga?

Yoga is an ancient Hindu practice traditionally used to attain spiritual well-being. The word yoga stands for "union," reflecting its purpose to create harmony between the mind, body, and spirit. Nowadays, yoga is also viewed as nontraditional exercise or even as an alternative medicine. It comes in different forms and ranges from gentle to rigorous activities, and can help in achieving physical, mental, and emotional fitness.

The different types of yoga offer their many health benefits in varying degrees and efficiency. Hatha yoga and gentle forms, in particular, have been shown in studies to play an important role in the prevention of cardiovascular disease and management of existing conditions. Hatha yoga encompasses a set of physical postures, or asanas, breathing exercises, and meditation.

Perhaps by now you are wondering how yoga affects heart health, so here is how it works:

Yoga encourages positive emotions and reduces stress. Yoga is traditionally integrated with meditation, which is one of its important components. Meditation facilitates relaxation and tranquility. When you do yoga, you release negative feelings such as anger, loneliness, and discontent. Yoga may also balance emotions and release stress. In that way, your body prevents the build-up of plaque in the arteries, which can otherwise be caused by stress, thereby possibly reducing the risk of heart attacks and other cardiovascular problems. Yoga is also known for clearing the mind and generally improving mental well-being.

Yoga lowers blood pressure. As you do breathing exercises and meditate, you likely experience some serenity and calmness. This allows your body to rest and relax. The slowed breathing rate reduces blood pressure and regulates the heartbeat, and it yields a calming effect on the sympathetic nervous system responsible for producing stress hormones.

Yoga improves blood flow and exercises the muscles. Since yoga involves different physical postures and activities, it exercises a variety of muscles and enhances blood circulation. Regular practice of yoga not only tones your muscles, it can also keep your heart muscles strong. Likewise, improved blood flow controls blood sugar and cholesterol levels, which are risk factors for developing heart illnesses.

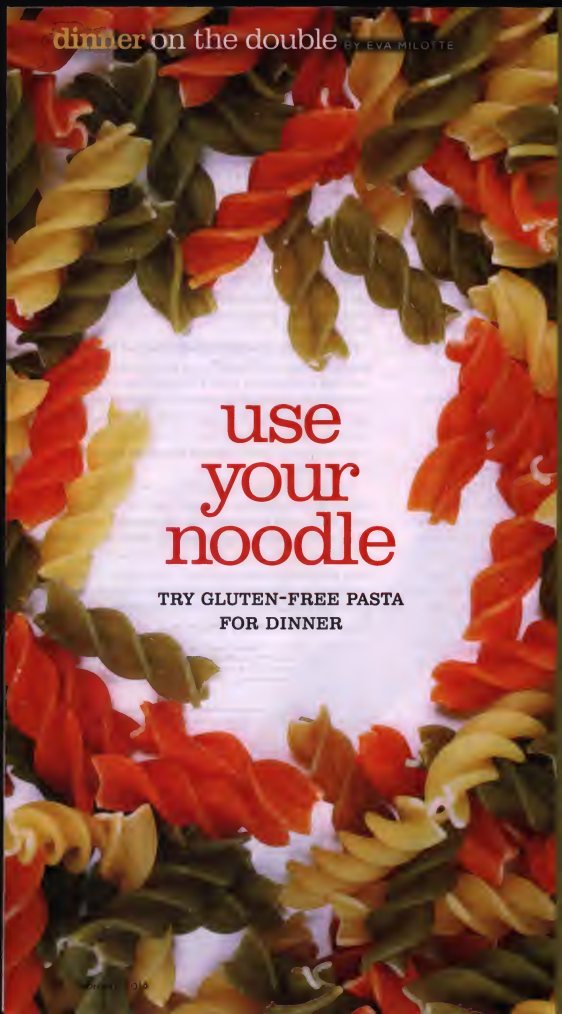
Yoga also can reduce inflammation, boost recovery from cardiac failure, diminish irregular heart rhythms, and lower some of the cardiovascular risk factors.

Certainly, yoga has so much good to offer that it is worth a try. However, if you are obese or if you have existing heart problems or diabetes, consult your doctor first. And remember, to reap the optimal benefits of yoga on heart health, do this activity in sync with a heart-friendly diet and a consistent exercise routine. •

SELECTED SOURCES **"5 Ways Yoga Promotes Heart Health"** by Elaine Gavalas, *Huffington Post*, 2/16/12 ● **"It's No Stretch—Yoga May Benefit Heart Disease,"** Harvard Health Publications, 5/11 ● **"What is Yoga, Really?"** Self Realization Fellowship, www.yogananda-srf.org, 2013 ● **"Yoga and Heart Health,"** American Heart Association, 7/13

Nutrition and fitness expert **Kimberly Olson, CNC, CPT**, is the creator of FitKim, a nutrition and fitness blog that teaches people that it's easy to be healthy.

BY EVA MILOTTE



use your noodle

TRY GLUTEN-FREE PASTA FOR DINNER

It's a universal truth: Pasta is such a beloved dish. It's easy to make, filling and delicious. Now, with all the glutenfree products out there, anyone can enjoy this comfort food favorite.

Available in many shapes and flavors, gluten-free pasta is a welcome substitute for wheat and whole wheat noodles. If you're looking for a healthful-tasting option, try rice pasta, but be careful when making it—long, thin rice pasta can become gummy if overcooked.

If you want pasta with a more substantial bite, consider corn and quinoa versions. These offer a chewy texture that stands up well to hearty tomato-based sauces. For something light, gluten-free pastas that include plant-based ingredients are a good bet.

Experiment with flavor and texture to find a finished dish that pairs both sauce and pasta with your taste buds. Remember to salt your cooking water to add a subtle hint of flavor. The following recipes combine pasta with delicious ingredients. Armed with your favorite gluten-free pasta, you'll whip up a fast and satisfying meal for everyone.

meal 1

White cannellini beans, rinsed and drained

Pesto

Lemon juice, to taste

Pine nuts

*Try gluten-free rotini.

meal 2

Sauteed onions

Sauteed mushrooms

Cooked peas

Shredded parmesan

*Try gluten-free penne.

meal 3

Roasted cauliflower

Pitted black olives

Capers

Toasted gluten-free bread crumbs

*Try gluten-free spaghetti.

meal 4

Shredded cooked chicken

Steamed broccoli

Bottled gluten-free peanut sauce

Water chestnuts

*Try gluten-free rice noodles

Lemony Bow Ties with Salmon and Peas

From the ***Taste for Life*** test kitchen

25 minutes prep time • Serves 6

- 1 (16-oz) package bow-tie shaped pasta
- 1 lb salmon
- 3 Tbsp olive oil, divided
- Salt and freshly ground black pepper
- 1 shallot, minced
- 2 c frozen peas, defrosted and cooked
- 1 lemon, juiced and zested
- ¼ c shredded Parmesan cheese
- ½ c fresh dill, chopped

1. Cook pasta according to package directions. Drain and set aside.

2. Turn on broiler. Rub salmon with 1 tablespoon of the olive oil. Season with salt and pepper. Place salmon under broiler for approximately 10 minutes, or until fish is cooked through. Cut into approximately 1½-inch sized chunks.

3. Heat remaining 2 tablespoons of oil over medium heat. Add shallot and sauté until softened, two to three minutes. Add cooked pasta, salmon, and peas to pan. Sauté for two minutes.

4. Remove from heat and stir in lemon juice and zest. Season to taste with salt and pepper.

5. Garnish with cheese and dill.

Per serving: 536 Calories, 29 g Protein, 65 g Carbohydrates, 5 g Fiber, 17g Total-fat (3 g sat, 8 g mono, 5 g poly), 159 mg Sodium, ★★★★★ Vitamin B1 (thiamine), B3 (niacin), Folate, Selenium, ★★★ Vitamin B6, B12, C, Phosphorus, ★★ Iron, ★ Pantothenic acid, Copper, Magnesium, Potassium, Zinc

frozen peas can taste better than fresh. Peas are so delicate, they can lose their flavor quickly. Frozen peas are frozen within hours of a harvest, so their tastiness is "locked in."

I don't understand why Cupid was chosen to represent Valentine's Day. When I think about romance, the last thing on my mind is a short, chubby toddler coming at me with a weapon.

— Author Unknown

BY JANE STODDARD

grin & share it

FLASH A WINNING SMILE

Have you ever noticed how infectious a smile is? Aside from lighting up a room and putting people at ease, your smile is the first indicator to others about the state of your oral health. To put your best grin forward, here are some natural tips for better oral hygiene.

the tooth of the matter

Your mouth is the gateway to the rest of your body. Infections that begin there can migrate to other areas. For instance, gum disease may fuel chronic inflammation throughout the body—a major risk factor for life-threatening disease. Studies indicate that gum disease is also associated with respiratory illness, stroke, and heart disease.

It doesn't stop there. Poor dental health has also been linked to Type 2 diabetes, Alzheimer's disease, obesity, and various cancers.

a happy, healthy mouth

Brushing and flossing twice a day is a great start to better oral health. Don't be tempted to skip the floss—even when you're exhausted from a long day!

Flossing is a great way to massage the gums, and it also helps prevent gum bleeding and gum disease. Don't be alarmed if you notice your gums bleeding the first few times you floss. As flossing becomes part of your daily routine, this will go away.

A deficiency in certain vitamins and minerals can have detrimental

effects on the health of our mouths and teeth. Vitamin D3 deficiency has been linked to gum disease. Supplement with this critical nutrient to support immunity, cognitive health, and bone integrity, as well. Coenzyme Q10 (CoQ10), as well as vitamins A, C, and E, are other good choices for helping to prevent gum disease. A shortage of B3 (niacin) in the diet may cause bad breath as well as canker sores.

Our teeth and jaws are composed mostly of calcium. Without enough of this mineral in the diet, gum disease and tooth decay may develop. Iron is another important mineral, as its lack can cause an inflamed tongue and mouth sores.

Supplementing with omega-3 fatty acids may help decrease the prevalence of periodontitis, according to research. Periodontitis is a common, chronic disease where gum tissue separates from the tooth, forming a pocket that can lead to tooth and bone loss. The study demonstrated that omega-3 fatty acids had an antibacterial effect on oral pathogens. Be sure to consume fatty fish (salmon, mackerel, herring, sardines) a few times a week, or supplement with omega-3 fatty acids in liquid or capsule form.

Don't forget to take some probiotics. They're not just for intestinal health. This supplement also helps maintain a healthy balance of bacteria in the mouth. You can also consume foods that are naturally rich in probiotics (sauerkraut, yogurt, and kefir). These items support gum health, reduce inflammation, and boost immunity.

What you drink counts too: So sip some green tea. Research shows that drinking this beverage daily helps kill the bacteria that lead to gingivitis and periodontal disease. •

A SWEET ENDING

We already know that sugar is bad for our teeth. But a naturally occurring ingredient extracted from birch wood is actually good for your pearly whites. It's xylitol, and it helps prevent tooth decay and dry mouth. Unlike sugar, it won't convert in the mouth to the acids that cause tooth decay. Look for its sweet taste in gums, mints, candies, and toothpastes.

SELECTED SOURCES **"Determining the Presence of Periodontopathic Virulence Factors in Short-term Postmortem Alzheimer's Disease Brain Tissue"** by S. Poole et al., *J Alzheimers Dis*, 1/13 ● ***Living Beauty*** by Lisa Petty ($21.95, Fitzhenry & Whiteside, 2006) ● **"Omega-3 May Reduce Gum Disease: Study"** by Nathan Gray, www.nutraingredients-usa.com, 10/27/10 ● **"One-Year Effects of Vitamin D and Calcium Supplementation on Chronic Periodontitis"** by M.N. Garcia et al., *J Periodontol*, 1/11 ● **"Periodontal Disease: A Covert Source of Inflammation in Chronic Kidney Disease Patients"** by G. Ismail et al., *Int J Nephrol*, 6/6/13 ● **"Why Are Minerals and Nutrients Important for Oral Health?"** Academy of General Dentistry, www.knowyourteeth.com, 1/12 ● **"Xylitol,"** www.WebMD.com, 2013

de-stress

FIVE ROUTES TO RELIEF

Sometimes stress gets a bad rap. In reasonable doses, stress can enhance our performance, focus our attention on trouble spots, and motivate us to take worthwhile action. But when we have too much of it without relief, stress can be unhealthy and counterproductive.

Here are some of the techniques that studies have shown to be the most effective.

1. exhale

People who have trouble breathing are now told to focus not on getting a good breath in, but on exhaling completely, which then naturally stimulates a fuller inhale.

And that is the key to one of the simplest and most effective techniques you'll ever find for stress relief—the 8 count exhale. Here's how to do it. Breathe in to a count of 4. Breathe out to a count of 8. Repeat for a minute or two.

2. gain psychological distance

A more cognitive way to cope with stress is to gain psychological distance. Create a vivid mental picture of yourself five years in the future—or 500 miles away. Dream up a detailed picture of yourself—what you're doing, who you're with, and what's around you. You'll be engaging brain circuitry that isn't involved with your current stress, and you'll feel yourself relax.

3. work up a sweat

Exercise stimulates our brains to release endorphins, chemicals commonly referred to as pleasure hormones. Exercise also burns cortisol, a chemical often referred to as the stress hormone.

4. look for the good

When we feel threatened, the automatic threat response in our brain takes over, narrowing our focus so that it becomes very difficult to see anything other than the threat itself. We need to consciously choose to expand our vision to include reasons for hope, gratitude, and pleasure.

5. be part of the good

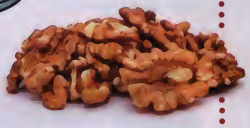
People who go out of their way to help others consistently rate other people as kinder, their communities as more supportive, and the world as a better place to live, than those who don't.

So if you're feeling stressed, isolated, or unhappy, find someone who could use your help, and give it. You won't only feel less stressed, you'll also feel better about yourself and the world around you. •

Lynda Wallace is a certified positive psychology coach and the author of the #1 Amazon self-help bestseller, *A Short Course in Happiness: Practical Steps to a Happier Life*. She offers life coaching, career coaching, and workshops to clients around the world, in person and by phone and video. You can find out more at www.lyndawallace.com.

love your heart!

Your heart is a hard-working muscle! It beats anywhere from 75 to 110 times a minute or more, depending on your age and what you are doing. That's between 4,500 and 6,600 times in an hour. In a day, it can beat between 108,000 and 158,000 times! It doesn't get any time off for holidays, vacations, or recess either. Your heart loves exercise, just like your other muscles. Treat it right by eating foods that keep it healthy and strong. Start by unscrambling the names of the foods below, then draw a line from each word to the picture it names. That's good exercise for your brain!



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guilt-free decadence

Pot de crème is French for pot of cream. This low-sugar version is dairy-free—if you omit the whipped cream topping and use dairy-free dark chocolate. The coconut milk in this recipe makes a healthier substitution for the heavy cream typically called for in this custard dessert.

Chocolate-Raspberry Pots de Crème

From the *Taste for Life* test kitchen

25 MINUTES PREP TIME | SERVES 6

- 1 (14-oz) can unsweetened coconut milk
- 1 c chopped dark chocolate
- 4 egg yolks
- ⅛ c honey
- ½ tsp raspberry extract or 1 tsp vanilla extract
- Whole raspberries, for garnish
- Whipped cream, for garnish

1. Preheat oven to 325°.

2. Arrange 6 small ceramic or oven-proof ramekins in a baking dish or pan with sides at least 2 inches high.

3. Whisk coconut milk until smooth over medium heat. Add chocolate and whisk constantly, until mixture is smooth and combined. Remove from heat and set aside.

4. In a large glass bowl, whisk together egg yolks and honey until smooth. Pour milk mixture into egg mixture slowly, whisking constantly to combine the two. Add raspberry or vanilla extract and stir to combine. Evenly divide mixture among six ramekins.

5. Place baking dish on middle rack in oven. Pour enough water in baking dish so it comes about ½ to ¾ of the way up the outside of the ramekins. Bake custards approximately 40 to 45 minutes, until tops are set. (The inside will become more firm once chilled).

6. Remove ramekins from oven. Set aside to cool. When cool, place ramekins in fridge and chill for four hours or overnight. Garnish with raspberries and whipped cream.

Per serving: 205 Calories, 3 g Protein, 26 g Carbohydrates, 2 g Fiber, 12 g Total fat (6 g sat, 4 g mono, 1 g poly), 42 mg Sodium, ★★ Copper, ★ Iodine, Magnesium, Manganese, Phosphorus, Selenium

coenzyme Q10

A substance found in nearly every cell, coenzyme Q10, or CoQ10, is a potent antioxidant needed for the proper functioning of many organs and for numerous chemical reactions in the body. CoQ10 is a member of the ubiquinone family of compounds, a name that refers to their ubiquitous presence, especially in the heart, kidneys, liver, and pancreas. Because it also plays a role in producing a molecule involved in energy transfer, researchers believe it may boost energy.

A multitasker

Researchers think that CoQ10's powerful antioxidant role may reduce some damage caused by aging as well as by illness. In clinical studies, patients with diseases such as congestive heart failure, high blood pressure, and gum disease have been found to have lower levels of CoQ10. It's been used to treat migraine headaches, to reduce muscle pain caused by statin drugs (used to lower cholesterol), and to boost immune system response in HIV/AIDs patients.

In people with diabetes, CoQ10 may improve blood sugar. It also shows promise in use before heart surgery to reduce free-radical damage, strengthen heart function, and reduce arrhythmias during recovery. CoQ10 levels appear to decline with age, and since reduced energy is common with aging, supplements may help.

No recommended daily allowance has been established for CoQ10, and deficiencies are rare. Supplements, generally safe, may reduce the anticoagulant activity of warfarin.

FOOD SOURCES

Food	Serving Size	CoQ10 (mg)
Beef	3 oz, cooked	2.6
Herring	3 oz, pickled	2.3
Chicken	3 oz, cooked	1.4
Soybean oil	1 Tbsp	1.3
Rainbow trout	3 oz, steamed	0.9
Peanuts	1 oz, roasted	0.8
Sesame seeds	1 oz, roasted	0.7
Pistachio nuts	1 oz, roasted	0.6
Broccoli	½ cup, chopped, boiled	0.5
Cauliflower	½ cup, chopped, boiled	0.4

SELECTED SOURCES **"Coenzyme Q10,"** Linus Pauling Institute, http://lpi.oregonstate.edu, 3/12 ● **"Coenzyme Q10,"** University of Maryland Medical Center, www.umm.edu, 5/13

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